



Start Point: From Ennis, take the N85 west towards Lahinch. After 3km turn right onto the R476, signposted Corofin. After 17km Seventeen kilometres later turn right onto the R480, then 2.5km later right again onto the

LI014 for Carran. Our trailhead is at Cassidy's Bar.

Time: 1.5 -2hrs (7km)

Difficulty:
Moderate. Looped



walk, almost entirely paved roads, one small section of track/fields.

Map: Discovery Series No 51

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